



April 10, 2009

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Healthy Hometown Hike & Bikes Roll On!

Make plans now to spend your Memorial Day morning with 5,000 of your closest hikers and bikers! Mayor Abramson will once again lead the way through Louisville neighborhoods and thoroughfares as he hosts this community's ninth *Healthy Hometown Hike & Bike*. Be sure to catch the Mayor and Subway Restaurant's Jared on TV promoting this highly successful family-friendly event. **Activities start at 9 am on the Waterfront's Festival Plaza. The hike and bike routes start at 10. FREE t-shirts and helmets and you could win a bike! Register at www.louisvilleky.gov.**

Healthy Hometown Mini-Grants Available

Healthy Hometown mini-grant applications are now available online. The deadline for submission is April 17, 2009! Awarded funds will be distributed after the first of the fiscal year, July 1, 2009. Last year, Mayor's Healthy Hometown distributed more than \$50,000 in grants to more than 20 organizations. Don't miss the opportunity to apply for these important grants which can help to develop or enhance your organization's community health and wellness programs. For more information or to download the application, visit www.louisvilleky.gov/mhbm.

Food Summit Convenes This Weekend

Partners in our *Healthy Hometown Food in Neighborhoods Committee* will convene a Food Summit Saturday, April 11th, 9 am-3pm at Metro United Way on East Broadway. Participants will discuss and prioritize issues of great concern to our community including food security, availability of fresh and healthy food choices and eliminating the opportunities for food deserts in at risk neighborhoods. Summit participation is at capacity, but we will keep you posted on their discussions and conclusions as they move forward.

\$14.7 Million in Sidewalks and Bike Paths Announced as Mayor's Miles Unveiled

The timing couldn't have been better as Mayor Abramson took the opportunity to unveil a new *Mayor's Mile* in California Park in the California neighborhood to further announce the city's acceptance of nearly \$15 million in stimulus funds for further development of sidewalks and bike paths throughout the community. The sites for sidewalk and bike path extensions are prioritized through a system of the Dept of Public Works and Assets. *Mayor's Miles*, a distance marking system that provides easy access and encourages walking groups, are popping up throughout the city, a result of the recently introduced Community Walkability Plan. For more information about *Mayor's Miles* and Walkability Plan, go to www.louisvilleky.gov/mhbm.

Upcoming Mayor's Healthy Hometown Movement Committee Meetings:

All meetings are held at the Louisville Metro Health Dept., 400 East Gray Street unless otherwise noted.

Active Living

TBA

Food in Neighborhoods **May 4, 5:30 pm at YMCA Association Office, Main Branch**

Schools **May 14, 10 am, Room 204 at Gheens Academy**

Worksite Wellness **May 7, 8 am at Baptist East Milestone Wellness Center**

Step Up, Louisville! Task Force **TBA**

Contact marigny.bostock@louisvilleky.gov to RSVP or for more information.

Healthy Hometown Partner News:

Introducing the Wellness Zones

The Humana Foundation and a number of community partners have introduced The Wellness Information Zone at wellzone.org. WZ is a national health literacy initiative offering easy access to basic health information in everyday language, especially at the point of need. Along with the website, WZ offers kiosks dedicated to e-health information in community centers, health clinics, libraries, schools and other non-profits along with trained health information guides, including librarians, health professionals and volunteers. Navigation of the site is easy with talking video guides providing brief tours of the homepage and topic areas. The site features a variety of audio and video formats as well as different languages. This non-commercial site is free to anyone with an internet connection. The goal is to quickly connect the consumer to basic and reliable information. For more info, go to www.wellzone.org or www.humanafoundation.org.

Bicycling Safely in Louisville: It's Possible Here!

Louisville Metro's Bike Louisville and Bicycling for Louisville are offering free classes to teach basic traffic skills. One program will teach adults how to navigate roads safely by bicycle; the other will help both bicyclists and motorists to operate safely around each other. Classes will be held across the city this spring. Registration is not required, but classes will have a size limit. *Bicycling Safely* is a 2-hour class that covers basic bicycle safety, showing riders how to make sure their bicycles are safe, adjust helmets, follow traffic laws, avoid crashes, and choose the right place to ride on different types of streets and intersections. *Sharing the Road* is a 45-minute class that explains the legal rights and responsibilities of bicyclists and motorists, and will highlight the most common driver and bicyclist mistakes that cause the most crashes. For more information and a complete schedule of classes, visit: <http://www.bicyclingforlouisville.org>.

HPSE Reports on Health Programming

Health Promotion Schools of Excellence (HPSE) recently announced new and updated health and nutrition initiatives including a gender-specific health and nutritional after-school fitness program at Liberty High School which has helped keep 15 young males focused on positive activities and well-being. The success of this program has generated a female middle-school fitness group which has grown to 35 students. In addition, Indian Trail Elementary has established a Fruit and Veggie program made possible by a JCPS Nutrition Services grant. Parent education and community involvement are also a component of this program which introduces students to unique foods such as kiwi, star fruit, avocados and persimmons. For more information, contact the HPSE office at 502-485-7920.

4th Annual Let's Kick Cancer Walk this weekend

Teens of Kentucky is hosting the 4th Annual “Let’s Kick Cancer Walk” tomorrow, April 11, 10 am at Tom Sawyer Park on the 5K fitness trail. The walk will benefit the James Graham Brown Cancer Center at the University of Louisville. Registration begins at 9 am. For more information, visit www.teensofkentucky.com or call 502-558-7910

More Mayor’s Healthy Hometown Health Tip Posters are available! Twelve posters with fun graphics and important information which encourages good nutrition and the benefits of physical activity are posted on the **Healthy Hometown** website. All posters are designed for display at your place of work, study, worship or play. To receive these posters via e-mail attachment, contact smlcomm@att.net or they can be downloaded from the **Healthy Hometown** website at www.louisvilleky.gov/mhbm.

The **Mayor’s Healthy Hometown Movement News** is designed to keep you informed of important Healthy Hometown Happenings as well as create a communications connection for all **Healthy Hometown** partners and interested participants. We encourage you to share any news, events and updates generated through your organizations and efforts ---all part of the Mayor’s goal to make this one of the healthiest communities in America.

To submit information for publication consideration, please **DO NOT HIT REPLY**. Send edited items, including specific dates and times for events to smlcomm@att.net. Please include any pertinent web links and an e-mail source for more information.

This is a publication of the **Mayor’s Healthy Hometown Movement** and is distributed through the Louisville Metro Health Department. Please feel free to share this newsletter with anyone who has an interest in a healthy community. If you do not wish to receive this newsletter please notify us at mary.bradley@louisvilleky.gov.